

TAKE A MINUTE...

Relationships Matter!

YOU are the most important person in your child's life! That is why the relationship between you and your child is an important focus of early intervention. Early Start services are designed to empower YOU so that you can better address your child's unique needs. Your service providers will provide ideas and support so that you can help your child learn the skills that YOU think are most important!

Social and emotional development describes the ability to experience and express feelings, form relationships, and explore the world. Social and emotional development is the foundation for all other learning and development throughout life. This is true for all children, including those with disabilities and delays. All families, with support, can help their child learn how to make friends, show strong emotions in healthy ways, and handle conflicts peacefully. These are examples of social and emotional skills. Your relationship with your child matters because positive relationships change your child's brain for the better. Every single day, everywhere you are, positive parent/child interactions help strengthen your bond, giving your child what they need to learn and grow.

When your child feels safe, secure, nurtured, and loved, they grow and learn!

We understand that parenting is not always easy! Parents with young children who have delays or disabilities may need extra support. Behavior, communication and physical challenges can make parenting especially difficult. Your Early Start Team is here to help you! You can strengthen the bond and connection you have with your child every day, during your daily routines. We will help you learn how!

Take a minute to play, sing, read and laugh with your child.

For more information on social and emotional development, watch this video at:
<http://earlystartneighborhood.ning.com/ssip-resources/TaMvideo>

You and your child...



Ideas and tips...

How do you know when your child is happy, sad, frustrated, scared, or mad?

Watch your child so that you can start to recognize their cues. They may use body movements, facial expressions, and sounds to show you how they feel.

Imagine how your child experiences things.

How do you respond to your child's feelings?

Validate your child's feelings, and label them with simple words. For example, "I can see that you are frustrated because you cannot reach your toy."

If your child is happy, keep doing what you're doing. If your child is upset, take a moment to comfort them.

How do you help your baby or young child learn to calm down?

Remember to stay calm yourself. Try different ways to calm your child, such as holding them, rocking them, getting them a special toy or blanket, singing, or playing soothing music.

Think of healthy ways to handle feelings: take deep breaths, count to four, blow bubbles, sing a song, or do a silly dance with your child. Ask if your child wants a hug.

How do you show your child that they are important and loved?

Take time to connect with your child: smile, talk and listen to them, read, sing, and play with them, enjoy a meal together.

Turn off electronics more often so that you can focus on your relationship with your child.

How do you encourage the behavior you want to see from your child?

Keep in mind that if your child is tired, thirsty, hungry, or uncomfortable, they will not be on their best behavior. Take care of them before you try to teach them a new behavior.

Do you have any concerns or questions about your child?

Talk to your Early Start Team. We are here to help!

Remember...

You are your child's first teacher! Children learn the most from what other people do...especially you! Give yourself a break when you are having a hard time remaining calm. Be sure your child is safe and give yourself a minute to calm down. You might say "I need some time to think about how I can help you." Take care of your own emotional wellness. If you have stress, depression, or anxiety, it affects your child. Get the help and support you need.



Developed with the support of the California Interagency Coordinating Council (ICC) on Early Intervention and the Early Start Comprehensive System of Personnel Development. Early Start is implemented by the Department of Developmental Services



TÓMATE UN MINUTO...

¡Las conexiones importan!

¡TÚ eres la persona más importante en la vida de tu niño! Es por eso que la conexión entre tu niño y tú es un enfoque importante para la intervención temprana. Los servicios de Early Start están diseñados para fortalecerte a TI para que puedas afrontar las necesidades especiales de tu niño. ¡Tus proveedores de servicio te ofrecerán ideas y apoyo para que puedas ayudar a tu niño a aprender las habilidades que TÚ consideras más importantes!

Desarrollo social y emocional describe la habilidad de sentir y expresar sentimientos, formar relaciones y explorar el mundo. El desarrollo social y emocional es la base para todo el resto del aprendizaje y el desarrollo a lo largo de la vida. Esto es cierto para todos los niños, incluyendo aquellos con discapacidades y demoras de aprendizaje. Con nuestro apoyo, todas las familias, pueden ayudar a sus hijos a desarrollar amistades, demostrar sentimientos fuertes en una manera saludable y resolver conflictos pacíficamente. Estos son ejemplos de habilidades sociales y emocionales. Tu conexión con tu niño importa porque las relaciones positivas mejoran el cerebro de tu niño. Cada día, donde quiera que estés, las interacciones positivas entre padres e hijos ayudan a fortalecer tu unión, dándole a tu niño lo que necesita para aprender y desarrollarse.

¡Cuando tu niño se siente seguro, protegido, cuidado y amado, aprende y se desarrolla!

¡Entendemos que ser padres no siempre es fácil! Los padres con niños pequeños que tienen demoras de aprendizaje o discapacidades pueden necesitar apoyo adicional. El comportamiento, la comunicación y los desafíos físicos pueden hacer esa formación especialmente difícil. ¡Tu equipo de Early Start está aquí para apoyarte! Tú puedes fortalecer los lazos y la conexión que tienes con tu niño todos los días, durante sus rutinas diarias. ¡Nosotros te ayudaremos a aprender cómo hacerlo!

Para obtener más información sobre el desarrollo social y emocional, mira este video...
!Enlace al video próximamente!

Tómate un minuto para jugar, cantar, leer y reír con tu niño.

Tú y tu niño...



Ideas y consejos...

¿Cómo te das cuenta cuando tu niño está feliz, triste, frustrado, asustado o enojado?

Observa a tu niño para que puedas empezar a reconocer las pistas o señales que te da. Puede que usen movimientos corporales, expresiones de su cara y sonidos para demostrarte cómo se siente.

Imagínate cómo experimenta las cosas tu niño.

¿Cómo respondes a los sentimientos de tu niño?

Valida los sentimientos de tu niño, e identifícalos con palabras sencillas. Por ejemplo, "Puedo ver que estás molesto porque no puedes alcanzar tu juguete."

Si tu niño es feliz, sigue haciendo lo que estás haciendo. Si tu niño está molesto, toma un momento para apaccharlo.

¿Cómo le ayudas a tu bebé o a tu niño pequeño a aprender a calmarse?

Recuerda de mantenerte calmado. Intenta diferentes maneras de calmar a tu niño, tales como apaccharlo, mecerlo, acercarle un juguete o cobija especial, cantarle, o tocarle música relajante.

Piensa en formas saludables de manejar los sentimientos: respirar profundamente, contar hasta cuatro, hacer burbujas, cantar una canción, o bailar chistosamente con tu niño. Pregúntale a tu niño si quiere un abrazo.

¿Cómo le demuestras a tu niño que es importante y amado?

Tómate tiempo para hacer conexión con tu niño: sonríele, háblale y escúchale, léele, cántale, juega con él y disfruten una comida juntos.

Apaga los aparatos electrónicos más seguido para que puedas enfocarte en tu conexión con tu niño.

¿Cómo alientas el comportamiento que deseas ver en tu niño?

Recuerda que si tu niño está cansado, sediento, hambriento o incómodo, no va a demostrar su mejor comportamiento. Atiéndelo antes de tratar de enseñarle un comportamiento nuevo.

¿Tienes preocupaciones o preguntas acerca de tu niño?

Platica con tu equipo de Early Start. ¡Estamos aquí para ayudarte!

Recuerda...

¡Tú eres el primer maestro de tu niño! Los niños aprenden más observando lo que otras personas hacen... ¡especialmente tú! Tómate un descanso cuando te sea difícil mantenerte calmado. Asegúrate que tu niño este seguro y tómate un minuto para calmarte. Tal vez le puedes decir, "Necesito un poco de tiempo para pensar cómo puedo ayudarte." Cuida tu propio bienestar emocional. Si tienes estrés, depresión o ansiedad, esto impacta a tu niño. Busca la ayuda y el apoyo que necesites.



TAKE A MINUTE... Relationships **MATTER!**

Provider Tips for Supporting Social-Emotional Development

The parent-child relationship is the most important and influential relationship in a child's life, and it's key to healthy social-emotional development for infants and toddlers. As an Early Start service provider, you can support the parent-child relationship through your relationship with the parent or caregiver. Use relationship-based strategies to support the parent to

- interact with and observe their child,
- embed activities that support development into everyday routines, and
- access information about social-emotional development.

Use this checklist as a guide to supporting the parent-child relationship, and promoting social-emotional development, in your regular interactions with families.

Take a Minute to make a difference in a child and family's life!

- ☐ **Check in.** Take a few moments before you begin your time with a child and family to assess your own emotional state. What you bring to the interaction has impact. Your words and actions may influence interactions between the parent and child. Remember, "How you are is as important as what you do."¹
- ☐ **Ask the expert.** Parents know their children best! Regularly ask parents or caregivers about their observations of their child's social and emotional development. Ask about their child's behaviors, responses, and interests. Ask about when things work or don't work for their child. Involving the family in this way shows respect for their expertise and helps you know what's happening outside of the few hours you spend with the child each week.
- ☐ **Do unto parents as you would have parents do unto their children.**² Your relationship with the parent supports the parent's ability to assist their child; the parent's relationship with their child shapes their child's behavior and promotes social-emotional development. Provide emotional support and encouragement to parents, and recognize and acknowledge their strengths, efforts, and contributions. If they are doing something positive, let them know!
- ☐ **Be with, not do for.** "Being with" a family means supporting the parent or caregiver to support the child, instead of providing direct intervention to the child, or "doing for."³ "Being with" builds the parent's confidence and competence to support their child's development every day, not just during your time with them. Comment on positive interactions between the parent and child. Share your observations about the child's positive social skills and developmentally appropriate emotional behavior to help the parent recognize and support their child's development.
- ☐ **Improvise.** Instead of bringing toys and equipment into the family's environment, use the things that they already use during their daily routines and activities. Support them to make adaptations that will help their child be successful in his home and community.
- ☐ **Pick a routine, any routine.** Ask the parent to identify a few everyday routines or activities. Everyday routines provide natural opportunities for learning and development. Model some strategies to support social and emotional development during these activities. Give positive feedback and encouragement as the parent practices these strategies and comes up with their own!
- ☐ **Share your expertise.** While parents know their own child best, your education and experience makes you a great resource for families. Provide parents with guidance and resources (such as the Take a Minute: Relationships Matter brochure) about positive social skills and developmentally appropriate behavior in children at different ages and stages of development.
- ☐ **Check out.** Take a few minutes to reflect on your time with the child and family to make a few notes about your visit. What went well? What do you need to do between now and the next visit? What do you want to remember to look for the next time you are together? How do you feel about the visit?

¹Jeree Pawl and Marie St. John. (1998). How You Are Is as Important as What You Do...: In Making a Positive Difference for Infants, Toddlers and Their Families. Zero to Three. Washington, D.C.

²Adapted from Pawl and St. John. (1998).

³Kristen Swanson. (1993). Nursing as informed caring for the well-being of others. Journal of Nursing Scholarship, 25(4), 352-257.

Other References:

Center for the Study of Social Policy. (2014). Strengthening Families™Self-Assessment Tool for Home Visiting Programs. Retrieved from <http://www.cssp.org/reform/strengtheningfamilies/practice>.

Early Childhood Technical Assistance Center. (2015). Family Capacity-Building Practices Checklist. Retrieved from <http://ectacenter.org/decrp/type-checklists.asp>.

Technical Assistance Center on Social Emotional Intervention for Young Children. (2011). Family Coaching Checklist. Retrieved from http://challengingbehavior.fmhi.usf.edu/explore/webinars/10.11.2012_webinar.htm.

Therapists as Collaborative Team Members for Infant/Toddler Community Services. (2003). Self Evaluation of Family-Guided/Routines Based Intervention. Florida State University. Retrieved from <http://tactics.fsu.edu/modules/modFour.html>.



Developed with the support of the California Interagency Coordinating Council (ICC) on Early Intervention and the Early Start Comprehensive System of Personnel Development.

Early Start is implemented by the Department of Developmental Services.